

DINNERLY



Chimichurri Pork Steaks with Sweet Potato Mash and Tomato Salad



25 minutes



2 Servings

Juicy pan-seared pork steaks cooked in South American spices, a mound of sweet potato mash and a tangy tomato salad make this a standout midweek option.

WHAT WE SEND

- 2 sweet potatoes
- 1 tomato
- 1 red onion
- parsley
- 5g South American seasoning¹⁷
- 2 pork loin steaks

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 20g butter⁷
- 1 tbs olive oil
- 2 tsp red or white wine vinegar¹⁷
- 1 tsp dijon mustard¹⁷

TOOLS

- medium saucepan
- potato masher
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 545kcal, Fat 27.1g, Carbs 32.1g, Proteins 39.6g



1. Make mash

Peel the **sweet potatoes** and cut into 2cm chunks. Put in a medium saucepan, cover with water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until tender. Drain, then return to the pan. Mash the sweet potato until smooth, then add **20g butter**, season with **salt and pepper** and stir until combined.



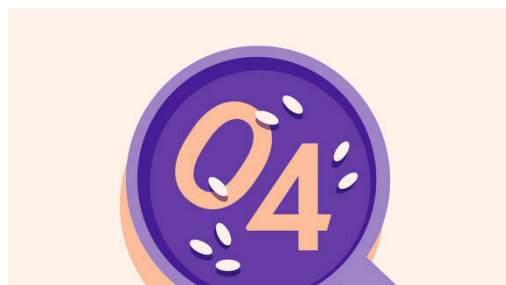
2. Make salad

Meanwhile, coarsely chop the **tomato**. Thinly slice **half the onion***. Pick the **parsley** leaves and finely chop the stems. Put **2 tsp olive oil**, **2 tsp red wine vinegar** and **1 tsp dijon mustard** in a large bowl, season with **salt and pepper** and whisk to combine. Add the tomato, onion and parsley leaves and toss to coat.



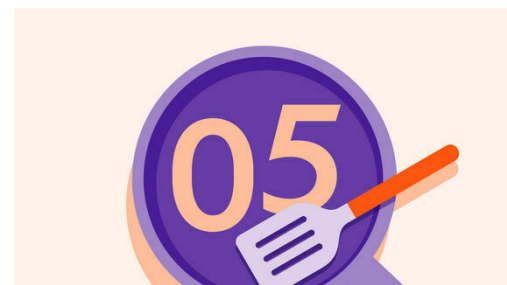
3. Marinate pork

Put the **parsley stems**, **South American seasoning** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat.



4. Pan-fry pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



5. Serve up

Divide the **pork**, **sweet potato mash** and **salad** among plates and enjoy!



6. Kitchen 101

Pork is at its tender and juicy best when it's cooked to medium, so don't be afraid of a little colour. Gone are the days when we cooked pork all the way through until white (and bone dry); nowadays, it's completely safe – and tastier – to eat pork with a hint of blush pink in the middle.